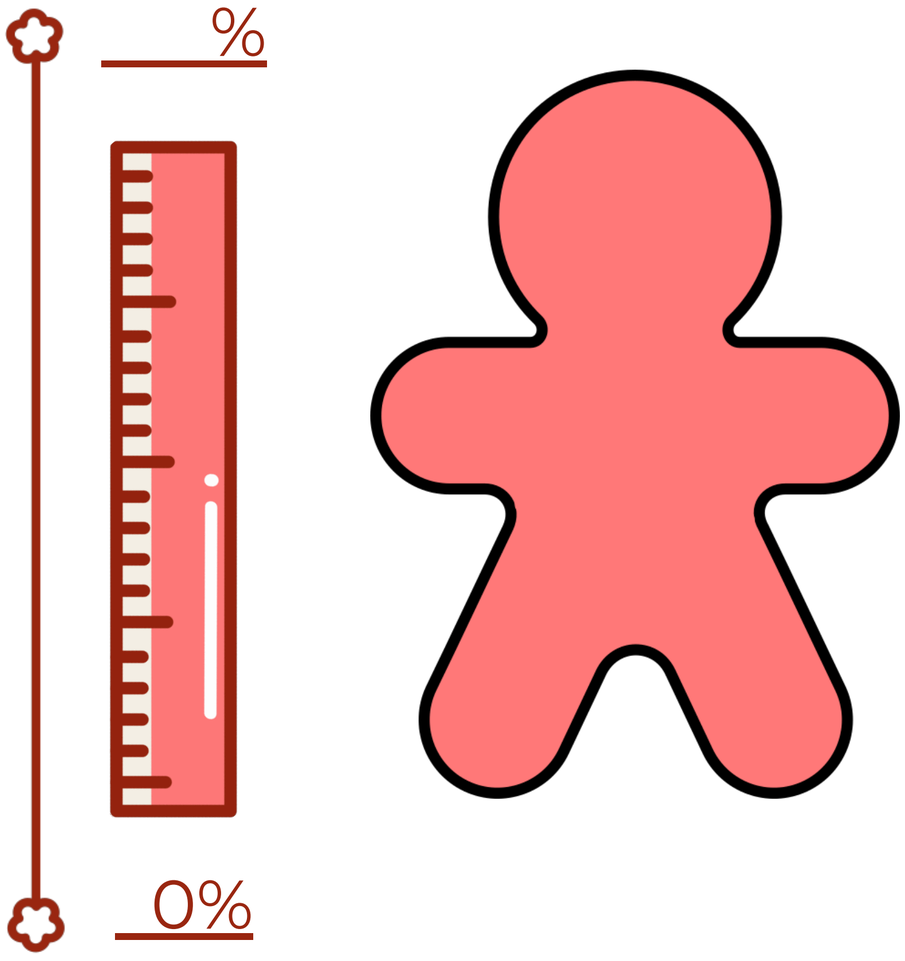
Body battery

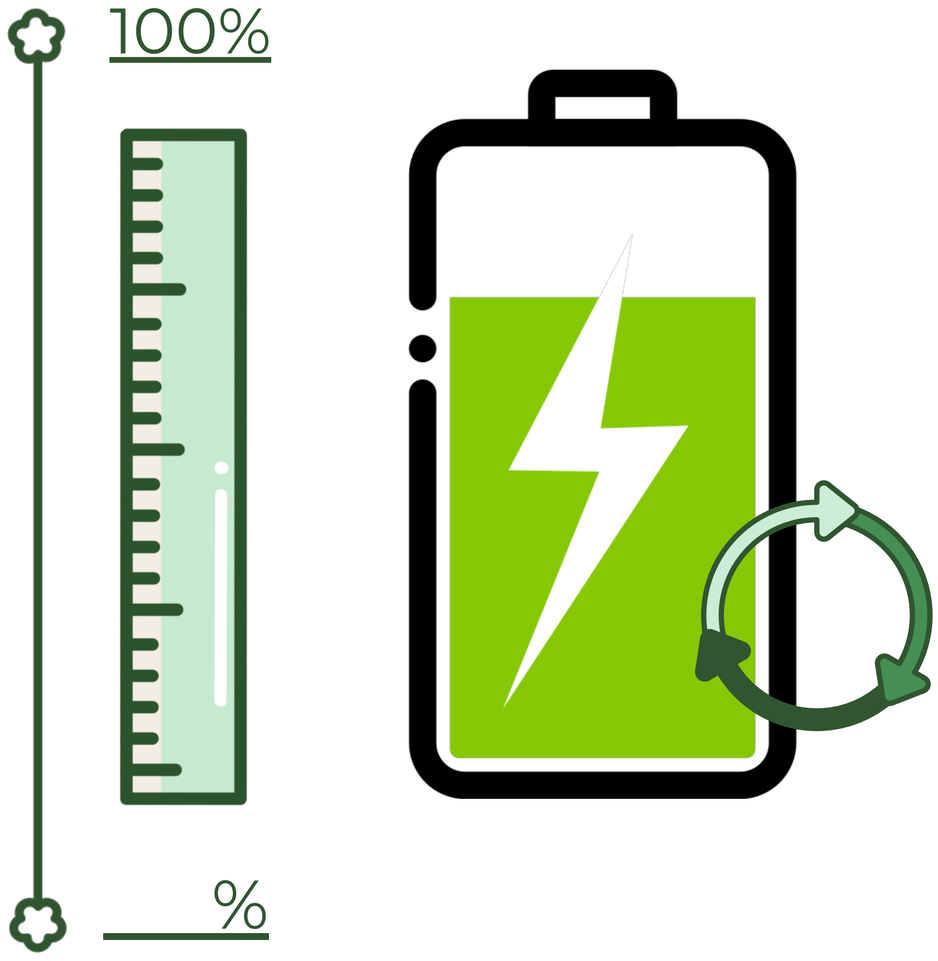
Energy buffer for short-term stress responses (fight or flight)



- Buffer for moments of crisis, unpredictability and change. Protecting it builds resilience.
- Running on it for too long leads to mental and physical complaints, and in time risks illness/burnout.
- This battery recovers much more slowly after being drained for a long time, and this can show up as depression.

Boost battery

Dynamic battery for daily charging and use



- For fun things and obligations alike, emotions, organising, processing sensory input, …
- This battery is meant to be charged and used every day
- Recognisable when people say “I feel like doing something”